

HEALTH NOTES

Mother.

I wish I had said more. So long, so long
About your simple tasks I watched you, dear;
I knew you craved the words you did not hear;
I knew your spirit, brave and chaste and strong,
Was wistful that it might not do the wrong;
And all its wistfulness and all its fear
Were in your eyes whenever I was near.
And yet you always went your way with song.

O prodigal of smiles for other eyes
I led my life. At last there came a day

When with some careless praise I turned away
From what you fashioned for a sweet surprise.

Ah, now it is too late for me to pour

My vase of myrrh—would God I had said more!

—By Zona Gale, in Saturday Evening Post.

Wild Flowers for the Home Garden.

It should be remembered that the flowers, the pictures and descriptions of which fill so much space in the catalogues of the seedsmen, the flowers that stock the green-houses, that blended in a profusion of variety and beauty, or in masses of color, decorate the lawns of the wealthy, or are the delight of the public in our parks, were originally wild, and have been developed into new varieties and beauty by selection and culture. And it frequently happens that the flower of cultivation, in its wild life in its native home, attains a perfection of growth and bloom not seen elsewhere. The secret of this lies in the fact that each species of flower finds something in climate, soil, and locality, moist or dry, sunny or shaded, such as is required for its growth. When such are found they are carried off as prizes. And so it comes that the children of the country and city alike find a delight in gathering wild flowers which they do not get, and, for some reason, cannot, from the cultivated kinds. This is true, also, of the grown ups and grown olds, who, with the children find health and happiness and grow young again in such rambles in the woods and meadows, where the wild flowers grow, seeking with something of the old zest the treasure trove of childhood.

We have here a natural instinct, a craving and striving to get back to nature, to rest tired brain and overwrought nerves on the bosom of mother earth, and were it not for this, with the constant strain, the push and rush, the hurry and worry of modern life, God only knows what would become of us.

And now, just here, a word and hint for our country friends—the fathers and mothers of our farm homes. If you would have your children grow up with you, instead of away from you; to have them attached to home scenes, home life,

and occupations, don't make it a matter of confinement in school-houses, and then of work indoors or out; not that we object to the latter—the habits of usefulness, helpfulness, and industry should have first place, but let it not be "all work and no play." Give a turn and a tone to it—educational in the root meaning of the word, a leading out of the child life into natural. Send them out in the early spring time, we will add through the summer and fall, to the fields and woods for wild flowers. Tell them where you have seen them and marked the spot in memory. What if they know it as well as you, your interest in the matter will lend a pleasure otherwise lost. The knowledge to the children that father and mother like what they like enables you to keep in touch with them.

Somewhere on the premises—it may be (as I know a case) under an old spreading apple tree, where the ground is moist and mellow—give the children a permit to make a plantation of wild flowers. And then give them a half holiday for the fields and woods. Let each have a small flat bottomed basket, the bottom lined with paper to keep the earth from sifting out; each provided with a digging tool of some sort—we will say a trowel made from a bit of sharpened lath or shingle—with the injunction not to dig out too many of a kind from one place. The multitude of children from our towns and cities (not to say those of older growth) who go gathering wild flowers, their inconsiderate greed and wastefulness, is rapidly telling on the fast diminishing stock of wild flowers in the fields and woods adjacent to our cities. Some varieties in localities once abundant have become almost extinct.

And now for a brief test, which we do not affirm to be by any means complete, of the flowers of the spring blooming period. There are the violets—blue, yellow, and white—their favorite locality being the banks of some running brook; the hepaticas, that bloom before the leaves appear; the delicate pink and white anemones; the spring beauties, the buttercups; the bloodroot; with its spiral cone of white petals; the white and purple trillium or wake robin; mandrake or what the children call umbrellas; the dog tooth violet; the graceful snakeroot lily, found in low, moist localities, with its dark green, mottled leaves, and the trailing arbutus. This is only a part of the advance guard of the sea-

NIGHT WAS HER TERROR.

"I would cough nearly all night long," writes Mrs. Chas. Applegate, of Alexandria, Ind., "and could hardly get any sleep. I had consumption so bad that if I walked a block I would cough frightfully and spit blood, but, when all other medicines failed, three \$1.00 bottles of Dr. King's New Discovery wholly cured me and I gained 58 pounds." It's absolutely guaranteed to cure Coughs, Colds, La Grippe, Bronchitis and all Throat and Lung Troubles. Price 50 cents and \$1.00. Trial bottles free at all druggists,

son, to be followed latter on by the wild philox, the columbines, lady slippers, wild geraniums, the purple flag or wild iris, the cardinal flower, golden rod, asters, and a host of others too numerous to mention.

Let the children study the habit of growth of the flowers they gather, the locality where each grew, whether moist or dry, shaded or sunny, and in resetting them try to give them the same conditions as near as possible. The flowers they would naturally gather would be those at the time in bloom, and yet, if taken up with care, with earth about the roots, and when reset water put in the hole as made before the plant is put in it, they will generally go right on blooming, and eventually root and grow. The writer has even in the limited area of his lot just such a spot, which we call our wilderness. We have in it a collection of the wild flowers of the seasons from early spring until the latest of autumn, and it is a source of lasting pleasure.—J. P. Roe, Milwaukee Co., Wis.

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SOUTHERN RAILWAY

In effect June 14th, 1903.

This condensed schedule is published as information and is subject to change without notice to the public.

TRAINS LEAVE RALEIGH, N. C.

12.50 A. M. No. 111 daily for Greensboro and local points. Carries Pullman sleeper Goldsboro to Greensboro, connecting at Greensboro with No. 39, "Atlanta Express," Pullman sleeper and day coaches to Atlanta, Pullman Tourist sleeper to San Francisco Cal., Tuesdays, Thursdays and Saturdays via New Orleans and Southern Pacific. No. 33, "Florida Express," for Charlotte, Columbia and Savannah. Pullman sleeper to Jacksonville, Fort Tampa, Charleston and Augusta connections for all points in Florida. No. 37, "Washington and Southwestern Limited," solid Pullman train drawing room sleepers, New York to New Orleans and Memphis, connection is also made for Winston-Salem, Wilkesboro, Danville and local stations 5:20 a. m. No. 112 daily for Goldsboro and local stations; connecting at Goldsboro with Atlantic Coast Line for Wilmington, N. C., Wilson, N. C., Tarboro, N. C., Norfolk, Va., and intermediate stations, also at Goldsboro with Atlantic and North Carolina Railway for Kinston, N. C., Newbern, N. C., and intermediate stations.

8.56 A. M. No. 107 daily for Greensboro and local stations, connects at Durham for Oxford, Henderson, Keyville and Richmond. At University Station for Chapel Hill daily except Sunday. At Greensboro with train No. 39, U. S. "Fast Mail" for Washington and all points north; Pullman drawing room sleepers to New York and Richmond; close connection for Winston-Salem, Mocksville and local stations, with train No. 7 for High Point, Salisbury, Charlotte and local stations.

10.30 A. M. No. 108 daily for Goldsboro and all local points, connects at Selma for Wilson, Rocky Mount and all Eastern North Carolina points. At Goldsboro for Wilmington, Kinston, New Bern, N. C., and Norfolk, Va., where close connection is made with Chesapeake Line for Baltimore and all other outgoing steamers.

2.52 P. M. No. 135 daily for Greensboro and intermediate stations; connects at Durham for Oxford, Clarksville, Keyville daily except Sunday. At University Station for Chapel Hill daily except Sunday. At Greensboro with train No. 29 for Columbia, Augusta, Savannah, Charleston, Pullman sleeper and first-class coaches Washington to Jacksonville, Fla. No. 35 "U. S. Fast Mail" for Atlanta and all points south and southwest, Pullman drawing room sleepers to Birmingham and New Orleans, day coaches Washington to New Orleans, also with north bound trains, No. 34 and 38 for Washington and all points north; Pullman drawing room sleepers and observation car to New York; connection is also made at Greensboro for Winston-Salem and at Salisbury to Memphis.

4.12 P. M. No. 136 daily for Goldsboro and local stations.

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W. A. TURK, Pass. Traf. Manager.
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